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U. S. DEPARTMENT OF AGRICULTURE
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PRESS SERVICE



WASHINGTON, D. C

RELEASE FOR PUBLICATION
MAY 1, 1934 (TUESDAY)

:NOTE to Editors: Release date, usually Wednesday, :
: is advanced one day for this week only, to :
: CHILD HEALTH DAY, May 1. :

THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

: "Now, therefore, I, Franklin D. Roosevelt, President of the :
: United States of America, do hereby proclaim and designate the:
: first day of May of this year as Child Health Day, and do urge:
: all official and voluntary agencies and organizations and all :
: individuals interested in child welfare to unite upon that :
: day in the observance of such exercises as will result in a :
: deeper realization by the people of the necessity for the pro-:
: tection and promotion of the health of the Nation's children, :
: and in greater unified effort to improve the existing child- :
: welfare program wherever it is found inadequate." :

MAY DAY IS CHILD HEALTH DAY

Say it with May baskets and wide-open doors--May Day is Child Health Day!

If the winter has been hard, there is promise in the long days of sunshine now to come.

Say it, too, with green growing foods of springtime--the fresh green leaves and the garden things that help the child to grow.

Say it again with milk, the child's best food. Say it with all the things that promise health and happiness, both to childhood and to the child-grown-up.

That is the meaning of Child Health Day--to give thought and care to everything that makes for the children's good.

Which means, again, that we must know the reasons for what we do. It is not all patter--these rules that we hear and so often repeat, about what the children need. We know very well it is not. There is reason, and saddest of all, there is bitter experience to tell us. More than a third of the hungry mouths that were fed from public funds during the winter just passed were children's mouths--children under six years old.

Those were children so needy that public funds helped to care for them. They were cared for at public expense. How many more have gone through the winter just above the border line of acknowledged want? How many are still in need of more food and better food? How many, for that matter, are now without proper food, not through lack of money to buy it, but because somebody does not understand children's needs?

Talk to the child health specialist. Go to the Bureau of Home Economics, in the U. S. Department of Agriculture in Washington, or write to its chief. Get the diet and health books down from the shelf, and go over once more those instructions about child feeding. They all say: Give the growing body ALL THE KINDS of foods it needs--foods that build blood and bone and muscle, body framework and body tissues. Give the child's body the things that make it grow, that develop it to its best, and keep it in good running order. Give it the fuel that keeps the human engine going, for play, for exercise, for work when the child grows up.

That means, of course and first of all, give children that food of all foods,--milk. Good milk. Milk does more different things for the growing body than any other food can.

But milk is not the only food the child should have. Next best to milk, but not taking its place by any means, are eggs. Here is another body-building food, food that will make for growth and good red blood.



Even the baby needs ripe fruit. We give him orange juice, or tomato juice, for tomatoes also are a fruit, though we do not call them so. These will help to keep the child well.

The child needs green foods to help him grow and also to keep him well. The fresh green leaves of cabbage, dandelions, spinach, the green tops of beets, or any of the greens. Let him eat some of these raw if he is old enough. For the little child, cook them and chop them up fine. Cream them, to increase the food value. Use them in milk soups.

The child needs foods that grow underground and store up nourishment of different kinds in their roots. These are good foods for body building, and they also help to keep him well. He needs potatoes, sweetpotatoes, carrots, turnips, beets. Bake them, boil them, make them into soups and chowders, or serve some of them in cream sauce. Give him some of them raw.

And meats. Even the little child may have meat, but it should be lightly cooked, and chopped or cut up, according to his needs. The older child can eat all the kinds of meat his elders have if only it is properly prepared. Give him liver often--it is good for his blood and his muscles, too.

So far we are building the child's body, and providing it with resistance against disease; building it with foods that are rich in calcium and phosphorus, iron and other mineral salts, and in protein; protecting it with foods that are rich in vitamins. Now we must provide more fuel, we must stoke the little engine. For that we give the child plenty of bread and butter and cereal, a custard or sweet fruit, or some other simple dessert. The starches, sugars and fats are important as fuel or energy foods.

So we have planned the child's diet. We know what is good for him, and we provide it if we humanly can. But suppose the child doesn't like what we offer?



Suppose he won't eat the foods he needs most? His milk? His greens? His cod-liver oil, which is also one of the foods he should have to protect his health?

We appeal to the child psychologist, whose principal answer is: Don't let him get that way. See that he likes the foods he needs. He will if you give them to him gradually, while he is young enough to have no prejudice. Don't let his food become to him a matter of compulsion. Else he may never like his spinach, or his cod-liver oil, as he might naturally have done.

Again, the wise ones say: Don't talk about your own dislikes in the presence of little imitators, and don't discuss the child's food habits where he can hear you. "I don't like tomatoes," says a small boy. "Why not?" asks another boy's mother. "My mother doesn't eat tomatoes," is the explanation--and maybe the flattered mother smiles.

But this is May Day. Put the May basket in the child's hand, and send him, well-fed, out into the sunshine.

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U. S. DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION
PRESS SERVICE



RELEASE FOR PUBLICATION
MAY 9, 1934 (WEDNESDAY)

WASHINGTON, D. C

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture.

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

:	:		
:	:		
:	Every meal -- Milk for children, bread for all.	:	
:	:	:	
:	:	:	
:	Every day --	Two to four times a week --	:
:	Cereal in porridge or pudding	Tomatoes for all	:
:	Potatoes	Dried beans and peas or peanuts	:
:	Tomatoes (or oranges) for children:	Eggs (especially for children)	:
:	A green or yellow vegetable	Lean meat, fish or poultry, or cheese	:
:	A fruit or additional vegetable	:	:
:	Milk for all	:	:
:	:	:	:

THE FAMILY OF TWO

If you belong to a two-person family--two adults, that is--how does your weekly food budget compare with this:

Four loaves of bread, 6 pounds of flour and cereals, 7 quarts of milk; 6 pounds of potatoes or sweetpotatoes; 1 pound of dried beans, peas and nuts; 2 pounds of tomatoes or citrus fruits; 3 pounds of cabbage, lettuce, spinach, or other greens, and carrots or yellow turnips; 1 pound of dried fruits; 4 pounds of other vegetables and fruits; 2 pounds of butter, lard, and other fats, including salt pork or bacon; 2 pounds of sugar, and sirup; $2\frac{1}{2}$ pounds of lean meat, fish and poultry; half a dozen eggs.

Maybe you would want more of some things in that list and less of others. And it may be your list would be just as good, but try this one if you want to

economize, says the Bureau of Home Economics of the U. S. Department of Agriculture. It gives you the maximum food value for least money, because it calls for the cheapest of each essential type of food, in sufficient quantities. In other words, it represents an adequate, balanced diet, for 2 moderately active adults for 1 week at minimum cost.

Let's say, then, that you have adopted the bureau's suggested low-cost market list for two. The next question comes on using those groceries to best advantage. Your meals will no doubt be planned one way if your two-person family consists of a man and a woman, another way if it consists of two women, or two men. In fact, your buying would be affected, too. For they do say--and seem to prove it--that men's appetites are different from women's. Two women would eat less of cereals, potatoes, and dried beans or peas; two men somewhat more.

They say, also that men are likely to drink more milk than women drink--which is so much the better for men. Women should drink more milk (and neither skim milk nor buttermilk is fattening!) But women eat salads more often than men, and this is so much the better for women, especially when the salads are made of raw vegetables or fruit. Men eat more meat and bread and potatoes, usually, than women eat. They should eat more green vegetables than they do.

But meals for two always present a problem of how to buy economically. And that question in turn calls for resourcefulness in planning, not only the day's meals but the next day's and maybe the next as well. It is not economical to buy or to cook, for example, just two or three potatoes. Small cans of tomatoes, corn, or beans or fruit are more expensive per pound or per pint than the larger cans. And so on through the list of staple groceries. But how large a can is the best buy for you? Lack of storage space may make it hard, especially in small city quarters, to buy food in economical quantities. Foresight in meal planning seems to be the only answer to that.

There is a point, however, in the size of your cooking utensils. You can cook more economically if your pots and pans are built for two. Big ones may fool your eye and tempt you to cook too much. Or maybe, to get the results you want, you must have a well-filled pan. For two people, big pans are not economical then.

On the other hand, it may be economical to cook, for example, more meat than enough for a meal, if you choose a kind that works well as left-over. A shoulder of pork or lamb, a pot roast of beef, is good not only for one day, but for slicing cold the next day, or for any one of several appetizing chopped-meat dishes, especially hash and shepherd's pie. It is good in stuffing for green peppers, especially if the left-over meat is cured pork.

Ground fresh meat, however, bought that way, is a good bargain for a family of two because you can buy just the quantity you want and there will be no waste. Half a pound will make a good meal--in meat patties wrapped in a strip of bacon, or in meat loaf. Liver is another good buy because you can get just as much or as much or as little as you wish. And fish--fillet or steak of large fish, or the whole of some small fish, besides, of course, canned salmon or tuna fish, herring, or sardines.

When it comes to vegetables, except potatoes, carrots, cabbage, or others that keep easily it is better to buy for the day if you can, but there are many good ways to use the left-over vegetables. Simplest, perhaps, is the salad of cold cooked vegetables--a mixture of potatoes and peas or beans, carrots, beets, spinach, on a lettuce leaf or a slice of raw cabbage. Left-over spinach also goes very well into cream-of-spinach soup, or into a spinach souffle. Left-over carrots, cut small and served with peas in a rich cheese sauce well-flavored with onion, are a most appetizing dish--a dish so rich in cheese that some people call it "vegetable bunny" (instead of rabbit). Another good mixture is of vegetables creamed, or covered with cream sauce, and heated in the oven with a layer of bread crumbs over the top--with grated cheese, too, if you wish. Or a curry--of

vegetables or meat--is a very "different" way of serving yesterday's food.

But a bachelor girl who has tried it for herself and her roommate, with a kitchenette to work in, has this to say about cooking for two: "Some of the best selections for kitchenette cookery are the all-in-one main dishes, those mixtures that combine meat and a starchy food and vegetables in one pot. If you have very little cooking space, concentrate all your energies on this one dish. Make it in generous amounts and make it delicious. Then you can round out your meal with foods that need little or no cooking--a fruit cup or tomato juice to start, or a crisp salad, or some fruit, fresh or canned, for dessert. This plan of featuring one main dish containing many ingredients saves pans and plates and also prevents the dreary spectacle of one part of the dinner greasily cooking on the side while another heats up."

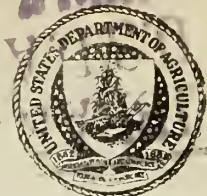
This bachelor girl goes on to mention a few good main-dish selections that take little time and little space for cooking. Blushing bunny is one--a naive version, as she puts it, of the famous Welsh rabbit. Blushing bunny is made with canned tomatoes and seasoned with a little chopped celery, green pepper, and onion browned in butter, besides, of course, the cheese. Or you can make it with canned tomato soup. Beef and ham gumbo in a rice ring is another excellent all-in-one dish. So is tomatoes, corn, and cheese on toast.

Where both members of the two-person family have jobs away from home, it is doubly important to plan meals for quick and easy cooking. Who wants to spend a long time getting dinner after she has worked down town all day? Here again it is a matter of choosing the right thing or the right way to cook it. Potatoes, for instance, will cook quickly if they are diced or cut up in some way. So will carrots or turnips. Cabbage, quickly sliced in small slivers, is properly cooked in about five minutes. And of course a family of two, both with jobs, may very well use raw carrot sticks, raw cabbage, and raw salads often, for convenience as well as for nutritive value. For desserts, fruits often, and cookies sometimes, or cup cakes for convenience, custards and puddings and pies when you feel equal to the somewhat more troublesome task.

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U. S. DEPARTMENT OF AGRICULTURE OFFICE OF INFORMATION PRESS SERVICE



WASHINGTON, D. C

RELEASE FOR PUBLICATION
MAY 23, 1934 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture.

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET.

Every meal -- Milk for children, bread for all.

Every day --	Two to four times a week --
:Cereal in porridge or pudding	: Tomatoes for all
:Potatoes	: Dried beans and peas or peanuts
:Tomatoes (Or oranges) for children	: Eggs (especially for children)
:A green or yellow vegetable	: Lean meat, fish or poultry, or cheese
:A fruit or additional vegetable	:
:Milk for all	:

MEXICAN FOODS IN "THE STATES"

The family dinner table is really an international affair. From the French, Italians, Germans, Hungarians, East Indians, Swiss or English, we copy omelets, macaroni, sauerkraut, goulash, curries, cheeses, or plum puddings, as the case may be. Closer home, for chili con carne or tamales, we step across the Rio Grande. We get a good food bargain there. These Mexican dishes are made of two of the cheapest foods in all the world -- beans, and corn.

In fact, there are two reasons why we may well consider the food of our neighbors on the South, suggests the Bureau of Home Economics of the U. S. Department of Agriculture. We shall continue, no doubt, to borrow their food ideas for our own use, for some of the Mexican dishes furnish attractive variation from our regular fare. It is important also that we understand the food needs of the Mexican people, for there are nearly one and a half millions of them living among

us. Many of these are now in need of food which they cannot buy. Thousands are on the relief rolls in some of our States. How should their needs be met -- for their good and our own?

Corn -- our Indian corn -- was the staple food of the Indians of old Mexico long before the white man appeared on the scene. Tortillas, which are pancakes made of ground corn which has been soaked in lime water, are the historic bread of Mexico. Beans, however, or in Spanish, frijoles, are said to be almost the only other food the native Mexican depends upon. For those who can buy them, there are plenty of chickens, turkeys, eggs, vegetables, and luscious fruits -- including the avocado, or alligator pear. But the poorer people of Mexico live chiefly on corn and beans, the travelers tell us, and, for that matter, the tables of the rich never lack frijoles and tortillas, whatever else is served.

But there are two other foods in the poorest of Mexican diets. One of these is fat -- much fat, used in cooking the food and not on it. The other is chili, very hot, for seasoning. And seasoning in this case happens to have nutritive value, too. The Mexican chilies, according to the botanist, are varieties of Capsicum, from some of which Cayenne pepper and tabasco sauce are made. But the chilies are little peppers, chopped up or used whole in a great many Mexican dishes. Some of them, "the hottest of hot green ones" according to one traveler, are about the size of an olive and are served the same way. Large peppers are cooked, and often stuffed with cheese.

The hotness of Mexican food has been counted against it as "bad for the digestion", but not all of it is hot. Besides, the chili peppers commonly used in seasoning chili con carne are a very rich source of vitamin A and when used fresh are a good source of vitamin C. Which means that the chili pepper may serve the Mexicans much as the tomato serves us, and frijoles hot with fresh chilies might

have much the same food value as our kidney beans with tomato sauce.

Outside of Mexico, chili powder is commonly used in Mexican dishes in place of the fresh chillies.

Chili con carne, although the name means chili with meat, is made very largely of beans as we know this dish in the United States. With the beans are chopped beef, beef suet and tomatoes, seasoned with chili, onions, and garlic. In Mexico the poorer people have very little meat, and their frijoles are commonly just boiled beans with seasoning. For another meal, the beans are often mashed and fried.

Rice and squash are said to come next to beans in the native Mexican diet. Mexican rice, with tomatoes and peppers, is one of the dishes we copy often. Tamales, which are almost as famous outside of Mexico as chili con carne, are a mixture of meat or chicken hot with chili, folded in corn meal dough, rolled in a corn husk and steamed. Canned salmon and sardines, said to be popular among the well-to-do in Mexico, should be comparatively cheap and excellent foods for Mexicans in the United States. Chocolate and coffee are favorite Mexican drinks, and here is a chance to supply in part the greatest deficiency of the Mexican diet, namely milk. Evaporated milk or dried skim milk should be useful here, both in making chocolate and for the hot milk which is added to Mexican coffee. Relief workers say that the lack of milk is painfully apparent in Mexican children, and they of course need to be taught to like milk as milk.

Following are some suggested combinations of Mexican dishes, and some low-cost recipes adapted for use in "the States."

SUGGESTED COMBINATIONS

Tamale pie, greens, fruit (add milk for children)
Banana omelet, colache, tortillas (Add milk for children)
Frijoles (Mexican beans), fried bananas, tortillas, (add milk for children)
Caldo (vegetable and meat soup), rice or spaghetti in the soup, tortillas
(add milk for children).

RECIPES
Mexican Rice

$\frac{1}{2}$ cup chopped onion	1 cup rice
1 green pepper, chopped	1 quart tomatoes (or No. 2 can
3 tablespoons fat (or $\frac{1}{3}$ pound	and 2 cups stock or water)
salt pork diced and fried	$1-\frac{1}{2}$ teaspoons salt
until crisp)	Pepper

Brown onion and pepper in the fat, and remove. Wash the rice and drain well. Fry until light brown in the pan used for the onion and pepper, stirring with a fork to keep the kernels separated. Add onion and pepper mixture, tomatoes, and seasoning. Cover and cook until the rice is tender. Add a little boiling water if the tomato juice is absorbed before the rice is done. This is similar to Italian Risotto.

Mexican Beans (Frijoles)

2 cups dried red beans	$\frac{3}{4}$ cup chopped onion
2 quarts water	2 cups tomatoes or 1 cup tomato and
$1-\frac{1}{2}$ teaspoons salt	1 cup tomato sauce
$\frac{1}{4}$ pound bacon, ham, or salt pork	1 teaspoon salt
	Pepper to taste.

Soak beans overnight. Drain and add fresh water and one and a half teaspoons salt. Let simmer for two hours. Drain. In the meantime brown the bacon, ham, or salt pork in a frying pan. Remove from the pan and add chopped onion. Combine beans, tomatoes, bacon, and onion, and seasonings. Pour into a baking dish and cook one and a half hours in a moderate oven (350°F.). Save the water in which the beans were cooked for soup.

Colache (Mexican)

1 pound shredded string beans	1 cup water
1 to 2 tablespoons chopped onion	1 teaspoon salt
2 tablespoons fat or oil	Pepper
1 cup tomato pulp or sauce	

Cook beans and onions in fat or oil for five minutes. Then add other ingredients and cook until tender. Season.

A green pepper, cooked summer squash, or corn may be added.

Tamale Pie

$1-\frac{1}{2}$ cups corn meal	1 pound chopped meat
5 cups water	3 tablespoons fat or oil
$1-\frac{1}{2}$ teaspoons salt	2 cups tomatoes
3 small onions	Pepper, cayenne, chili powder to
1 green pepper or chili pepper	taste

Make a mush of the corn meal, water, and salt. Cook 45 minutes over water. Brown the onion, pepper, and meat in fat or oil. Add tomatoes and seasoning. Place a layer of the mush in a greased baking dish, add the meat mixture and cover with the rest of the mush. Bake in a moderately hot oven (375°F.) for about 30 minutes or until the mush is lightly browned.

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U. S. DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION
PRESS SERVICE



WASHINGTON, D. C

RELEASE FOR PUBLICATION
MAY 30, 1934 (WEDNESDAY)

THE MARKET BASKET
by
Bureau of Home Economics, U. S. Department of Agriculture.

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

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:	Every meal -- Milk for children, bread for all.	:		
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:	Every day --	Two to four times a week --	:	
:	Cereal in porridge or pudding	Tomatoes for all	:	
:	Potatoes	:	Dried beans and peas or peanuts	:
:	Tomatoes (or oranges) for children	:	Eggs (especially for children)	:
:	A green or yellow vegetable	:	Lean meat, fish, or poultry, or	:
:	A fruit or additional vegetable	:	cheese	:
:	Milk for all	:	:	:
:	:	:	:	:

SCANDINAVIAN-AMERICAN FOOD

Along with the Scandinavian colonists, who followed in the wake of the Viking ships across the North Atlantic, came the food habits of that part of the world. Naturally what they were accustomed to eat and even how it was cooked reflected conditions back home. Being sea-faring people and close to some of the greatest fisheries in the world, of course much of their food came from the sea. Also coming from cold northern countries where the growing season is short and where fields are often small and stony, they had a wholesome respect for all food produced from the land. Whether their skill in cookery developed from the need to be thrifty, or from some inborn appreciation of good food, who can say? Anyway Scandinavian food is famous the world over.

Here in the United States we have adopted so many of the Scandinavian ways of making simple food appetizing that we have long since forgotten their source and call them American. Also the newcomers on their part were quick to try the vegetables, fruits, cereals, and meats strange to them. But here and there, luckily, some families still serve distinctive Norwegian, Swedish, and Danish dishes.

Norwegians excel in the cooking of fish, as is to be expected of the people from a small country with a 12,000-mile coast line. Cod, haddock, halibut, salmon, herring, and mackerel from the sea, and trout and other small fish from the mountain streams and lakes, are an important part of the daily menu. Boiling, or rather simmering in water below the boiling point, is perhaps the favorite way of cooking fish. As an example of how tradition sometimes checks up with scientific discovery, it is interesting to find that old Norse recipes emphasize cooking fish at moderate temperature, exactly what modern science shows is the best way to cook protein foods. For moderate temperature keeps the protein of fish, meat, eggs, and cheese tender, while intense heat tends to make it tough.

With this plain cooked fish and boiled potatoes are served melted butter often with lemon juice or chopped parsley added, or any one of a great variety of well-seasoned sauces. But the reputation of many a Norwegian cook rests on her fish pudding, which in the old country requires hours of hand labor. With modern mechanical devices, though, fish pudding can be prepared in short order. The start of fish pudding is fresh haddock ground and pounded almost to a smooth paste. Then the fish is mixed with eggs and milk, and salt and a few grains of grated nutmeg are added for seasoning. The mixture is then poured into a mold, steamed or baked slowly until it becomes firm, and turned out on a hot platter and served with melted butter or cream sauce. Other popular dishes are fish omelet, fish balls, fish cakes, fish soup, and especially in winter, lutefisk -- dried codfish soaked in a solution of lime and soda for a week and then freshened for days



before cooking.

Of all the fish products from Scandinavia cod-liver oil has perhaps greatest nutritional value. Long before vitamins were discovered Scandinavian people were extracting the oil from cod-livers, using it themselves, and giving it to their children. Also the fishermen who sailed their little boats far north of the Arctic Circle never lost a chance to feast on the fresh fish livers from their catch. Call it instinct or what you will, anyway they were getting vitamin D to tide them over the long sunless winter when no ultra-violet rays shine on the skin and help to manufacture vitamin D in the body. The oil in the cod-livers is also rich in vitamin A, which again probably made up for the scarcity of green leafy vegetables.

Scandinavians are also great users of dairy products and thereby hangs one of the classic tales in vitamin history. Danish butter is famous and casks of it are shipped all over the world. Before the World War when the Danish butter trade with other nations was especially brisk, the children of Denmark suffered from a serious eye trouble. Then came the naval blockade restricting exports, and Danish children had whole milk instead of skim milk to drink and more butter for their bread. Their eye trouble disappeared, because the generous supply of butter and cream in the whole milk gave them the needed vitamin A.

In the minds of many, Scandinavian food immediately calls up visions of the Swedish smorgasbord or the Norwegian koldt bord, loaded with delicacies. As a matter of fact the smorgasbord may be simple or elaborate as the fancy and the food budget dictate. Generally, though, it includes one or more kinds of fish, such as pickled herring with sliced onion, sardines, or smoked salmon; then a dish or two of pickled beets, cabbage slaw, sliced cucumbers, radishes, tomatoes, dressed lettuce, or potato salad; and cheese, generally cottage cheese and if possible one of the old country varieties made from goats' milk. Sometimes there

are also wafer-thin slices of ham or smoked tongue or sausage, and a spicy fruit conserve, in remembrance perhaps of the lingberries which grow in the mountain pastures and are first cousins to our cranberries. The visitor to the smorgasbord helps himself to whatever strikes his fancy and then sits down at his place at a table to eat his assortment with rye bread or cracker-like flatbrod baked on top of the stove. As an easy informal way of entertaining, the smorgasbord idea is in great favor in this country.

Danish pastry, Norwegian pyramid cakes, Swedish coffee bread are just a few of the many delicious products of Scandinavian ovens. The following recipe for Swedish coffee bread, tested by the Bureau of Home Economics, was brought from a farm home in Sweden.

Swedish Coffee Bread

1 pint milk	1-1/2 teaspoons salt
1 cake yeast	20 cardamon seeds, shelled,
1 cup sugar	and pounded fine
1/4 cup fat	7-1/2 to 8 cups sifted flour

Scald the milk in a double boiler. Take out one-half cup of the milk, and when lukewarm add the yeast to soften. To the hot milk add the sugar, fat, salt, and cardamon seeds. When cool, add the yeast. Stir the liquid ingredients into the flour, and mix well. Knead for 10 or 15 minutes, until the dough springs back into place when pressed with the fingers. Put the dough into a greased bowl, grease the top, cover, and keep warm until double in bulk. The dough may be divided if desired and one half made into a braided loaf, and the other half into fancy shaped rolls.

For the Swedish coffee braid, cut the dough into three or four long pieces of uniform size, and roll between the palms of the hands until smooth and even; then braid. Put in a greased pan, cover, let rise, brush with yolk of egg, slightly beaten and diluted with one-half tablespoon₆ of cold water. Sprinkle with sugar or ground nuts, and bake in moderate oven (350° F.) for about 45 minutes. This bread is especially good toasted.

For the fancy rolls, take small pieces of the dough, roll between the hands, shape into knots, half moons, or curls, and finish in the same way as the braid. Bake for 20 to 25 minutes in a moderate oven (350° F.).

